The Kansas Track & Field and Cross Country Camp is a mix of guidance, fitness and fun. The KU staff is one of the most experienced in college athletics evidenced by multiple Olympians, All-Americans, NCAA Champions and professional athletes that have been under their tutelage. The same training and technical methods that propelled the Jayhawk women to win the 2013 NCAA Championships will be taught at the camp.

Stanley Redwine and his staff invite you to spend a week at the University of Kansas learning more about cross country or track & field. The coaching staff, along with top athletes from around the nation, are excited to share their knowledge and experiences to provide young athletes with a winning edge.

Each day, campers get the opportunity to try sample workouts and focus on technique and mechanics that help propel elite athletes. All events in track & field are covered at the camp. You can choose your event or events of focus.

Get an advantage over your competition next year with a week at the Jayhawk Summer Camp!

Areas of instruction:
- Technique methodology
- Sports nutrition
- Sports psychology
- Competition strategy
- Precompetition preparation
- Recovery methods
- Strength training information
Kansas track & field and cross country, head coach Stanley Redwine led the Jayhawk women to a 2013 NCAA Outdoor Championship. In his time at KU, he has guided eight athletes to the Olympics. In 2012, he coached Diamond Dixon to an Olympic gold medal and in 2016 Kyle Clemons won Olympic gold under Redwine’s tutelage. Redwine has coached 15 NCAA individual champions and over 100 NCAA All-Americans and Academic All-Big 12 student-athletes. Redwine, a member of the KU Athletics Hall of Fame, served as a USA team coach for the 2003 Pan Am Games and the head men’s coach for the 2007 USA Pan Am Track & Field Team. As an athlete, Redwine was a four-time All-American at Arkansas. He competed internationally from 1984 through 1996 and was one of the world’s top 800m runners with a personal best of 1:44.76.

Stanley Redwine, Head Coach

Tom Hays, Vertical Jumps

Tom Hays is one of the most respected vault coaches in the nation. He recently coached Natalia Bartnovskaya to an indoor NCAA title in the pole vault. NCAA pole vault champ Jordan Scott, now a KU alum, won the 2013 USA Indoor Championships under Coach Hays’ tutelage. In his career, he has coached four Olympians, ten NCAA champions, five NCAA runner-ups, over 30 NCAA All-Americans, two NJCAA champions, 22 NJCAA All-Americans and over 60 conference champions. He has also been named USATF National Coach of the Year. As an IAAF Vault Development Coordinator, Hays worked closely with world record holder Sergey Bubka. Hays is a coveted speaker and has taught at camps all over the world. The McLouth, Kan. native competed in the pole vault for the Jayhawks in the mid-80s.

Wayne Pate, Horizontal Jumps

Arguably the best horizontal jumps coach in the NCAA, Wayne Pate has been named the National Assistant Coach of the Year on six occasions. Coach Pate came to KU in 2007, after several successful coaching stints at Indiana, Purdue, Texas and Tennessee. In the 2013 season, Pate coached Andrea Geubelle to NCAA titles in the long and triple jump. Geubelle went on to make the Olympic team in 2016. Pate recently led Lindsay Vollmer to an NCAA title in the heptathlon. In his career, Pate has coached 75 All-Americans, ten national champions and four Olympians.

Elisha Brewer, Sprints/Hurdles

Coach Brewer enters her 12th year at KU and continues to build upon a remarkable resume. In 2008 she guided Nickesha Anderson to Midwest Indoor Performer of the Year and All-American status in the 60m, 100m and 200m. Anderson went on to make the Jamaican Olympic team in 2008. Coach Brewer recently guided the KU women to school records in the 4x100 and 4x400. She also mentored Paris Daniels to win the Big 12 Athlete of the Year in 2013. Brewer led Michael Stigler to a NCAA title in the 400m hurdles and school record in 2015. Brewer came to KU from the University of Cincinnati where she saw her athletes break all but one womens’ sprint and hurdle school records. Upon graduating from Arkansas, she ran professionally.

Mike Whittlesey Phd., Distance

In a short time, Coach “Whitt” has made his mark in the KU record books with six of his athletes breaking records. Coach Whitt came to KU after coaching at North Carolina. Whittlesey coached the Tar Heels to two ACC cross country titles. He took the Tar Heel women to the NCAA Championships 10 out of 11 years with top ten team finishes in 1999, 2003, 2004. While at UNC he coached Shalane Flanagan, the American record holder of the 3k, 5k and 10k. His peers have honored him with ACC coach of the year twice, National Assistant Coach of the Year and Outdoor Regional Coach of the Year. He has coached 81 All-Americans, 39 Conference Champions, nine NCAA individual champions, and nine NCAA relay team champions.
Campers will enjoy the same facilities used by KU athletes, including Rock Chalk Park, Anschutz Pavilion, local trails and Rim Rock Farm.

- Overnight fee = $425
- Day camper fee = $325
- All meals included
- Team discount available
  $25 discount for school teams of five or more
- Family discount available
  $25 discount for second and all subsequent siblings
- Campers stay in residence halls
- Two campers to a room
- Sunday afternoon check in
- Thursday check out
- Open to boys and girls, ages 12 - 18
- Campers receive KU T-shirt
- Campers receive Gatorade product
- Chances to win adidas apparel
- $100 deposit due with registration
- Limited registration, so act quickly

Questions? contact Debbie Luman at:
785-864-3486 or dluman@ku.edu